



The High Tide

June 2020

A Newsletter for Residents of Cañon del Sol

Volume 3, Issue 5

PRESIDENT'S MESSAGE

As those of you who live here full time know, the structural repair work in those units on Abalone, Santa Monica, and most of Oyster has begun. It is extensive, and at times can be quite noisy, but deemed necessary. The new siding is a far superior product to that used in initial construction. I expect this work to continue for the rest of the month. The painting of those units was scheduled to begin on June 1. That work was delayed and began on June 8, commencing with the power washing of the units on Abalone.

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Many have asked about the swimming pool. Unfortunately, the pool remains closed. The tennis courts are also closed except for *family play*; i.e., members of the same household may play together on the courts. We do not know when we can reopen these facilities, but will continue to monitor the dictates and requirements of authorities. We will reopen as soon as we reasonably can and give you notice of the reopening and any conditions that may be imposed.

Finally, Canon del Sol remains quiet. To my knowledge, no resident has contracted the virus. Residents are conscientiously abiding by the social distancing and shelter in place requirements. Many walk the neighborhood and the State Park greeting and conversing with neighbors. The beach remains closed from 11 am to 5 pm daily; I am hopeful some of this may change soon.

This pandemic, as well as the recent horrific events in Minneapolis, Atlanta and elsewhere have put enormous pressure on all of us to come together in a way that is united, fair and just, doing so with dignity and respect, for the good health and wellbeing of others. Let us welcome this opportunity to act collectively and positively to achieve these goals.

STAY WELL AND STAY SAFE,

Henry Bose



WATER RESTRICTIONS & CONSERVATION

Although we're not in a true drought situation at this time, we all realize that we could be at any time. Our last drought was a 5-year period during 2012-2016. Because our groundwater supply is in overdraft due to historical over-pumping, and seawater intrusion is being detected in monitoring wells at our coastline, we remain in a Stage 3 Water Shortage category. It should be noted that county residents' successful water-efficiency efforts led to an almost 25 percent reduction in water use last year. Still, we need to keep ahead of the overall water-shortage problem that exists in California.

COMMUNITY FACILITIES SWIMMING POOL, SPA, TENNIS COURTS AND CLUBHOUSE

**CLOSED until further notice as we
continue to shelter in place.**

New Tennis Rebounder

For anyone wishing to practice his or her tennis skills, Jesse Fielding (323 Canon del Sol) has installed a tennis rebounder on the courts for community use.



Stage 3 Water Restrictions:

- **Efficient Water Use Guideline:** Water use is defined as an annual average of 50 gallons per person, per day. This is a general guideline only, as each household is unique.
- **Car Washing Restriction:** Use of a recycled water car wash is preferred. However, **vehicles may be washed at home** if done efficiently. Water should not run off of the property, where possible.



Efficient car washing includes any of the three methods: a waterless spray, a bucket and

hose with an automatic shut-off nozzle, and/or a pressure washer. All methods should minimize water running off of the property.

- **Exterior Structure Washing Restriction:** No exterior washing of structures unless for sanitation and health purposes, or if preparing to paint or stain in which case a pressure washer is used.

Source: <https://www.soquelcreekwater.org>

RAINFALL

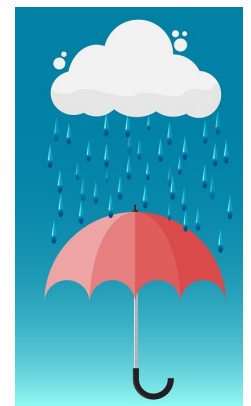
**Rainfall: La Selva Beach
As of June 5, 2020**

Season runs Oct. 1 to Sept. 30

Season to date: 27.99"

Last year to date: 35.10"

Last year total: 35.10"



NEIGHBOR SPOTLIGHT

Linda Copp (460 Oyster Drive) has been taking regular morning walks through the campground and along the beach taking photographs. She is often accompanied by her husband, Ron.

Linda is originally from Benicia, California. She spent her career as an educator. She and Ron have two grown children, three grandchildren and two cats. In addition to photography, Linda bakes, quilts and paints. And, she's an avid reader.

Some of her images are sprinkled throughout this newsletter and several appear below.



FRESH PRODUCE & MORE!



Aptos Farmers Market **Saturdays from 8 am until 12 noon** **Cabrillo College Parking Structure**

The Aptos Farmers Market at Cabrillo College has expanded its number of vendors and now takes up four floors of the parking garage. Below is a listing of vendor locations.

Row 1 (bottom level): Blossoms Farm, H & H Fresh Fish Company, Pensi Pasta Company, Beckmann's Old World Bakery, Coastal Plants, La Marea of the Sea, Knife Sharpening Services, Companion Bakeshop, Tres Americas Coffee, Lily's Roasted Corn, Sweet Elena's Bakery, Zena Foods, Parrot Ranch Pottery

Row 2 (second level): Schoch Family Farmstead, P & K Farms, Puido Farms, Windmill Farms. Phil Foster Ranch, Borba Farms, Blue Heron, Mora Family Farms, Vasquez, Cavannaugh Color

TAKE-OUT FOOD **COUNTY-WIDE LISTINGS**

<http://santacruzfoodie.com>

Row 3 (third level): Globe Produce, Minazzoli Farms, Fogline Farm, Rancho Padre Farm, Rodoni Farms, Donna Dirt Farm, Fruit Factory, KT Farms, Spade and Plow, Amen Bee Products, Prevedelli Farm, Belle Farms, Astone's Protea, Brokaw Ranch, Antonio's Farm

Row 4 (top level): Kashiwase Farms, Bill the Bulb Baron, Kate's Avocados, Coastal Paradise Nursery, Triple Delight Blueberries, Santa Rosa Flowers, Cabrillo, Sea to Sky, Stackhouse Orchards, Avilla Orchids, Wild Poppy Olive Oil, Cortez Farm, Pacific Rare Plant Nursery, Gatanaga Flowers, New Natives

Salazar Produce/Watsonville **Delivery Service** **salazarproduce.com**

- Minimum \$35 order; \$5 delivery fee.
- Delivery to La Selva Beach on Tuesdays between 12 noon and 8 pm.
- Order Deadline: 8 pm the day before delivery to your area.

◆ ◆ ◆ **Support Local Farmers** ◆ ◆ ◆

Eat Local Farm - Fresh Produce **Pick-up and Delivery** **www.EatLocal.farm**

Safe drive-through pick-up on Wednesdays (12n to 3pm) or Thursdays (3 to 6pm) in Aptos (1523 Valencia Road). You select your own date and time when you place your order. Also, there is limited home delivery for \$10 on Wednesdays/Thursdays. You must order by Monday at 9 pm for pickup or delivery that Wednesday or Thursday.

Hamilton Comes to Disney+

Here's your chance to see the 2016 performance of Broadway's *Hamilton* featuring Lin-Manuel Miranda and the rest of the original cast. Begins July 3 on Disney+. A subscription to Disney+ is \$6.99/month and can be cancelled after month one.

HOLIDAY WISHES

HAPPY
belated
MOTHER'S
DAY!



Sale of La Selva Beach T-shirts and Sweatshirts

The annual LSB July 4th apparel sale will be held on Playa Boulevard, near El Patio Grocery, with social distancing and other safety precautions in place. Sales will take place on:

Saturdays and Sundays:

June 20 and 21: 12 noon – 4 pm

June 27 and 28: 12 noon – 4 pm

Photo
courtesy of
Linda Copp





Photo
courtesy of
Linda Copp

RECIPE CORNER

Salmon Cakes with Arugula Salad - serves 4 (EatingWell.com)

After making the salmon cakes, firm them up for 5 minutes in the freezer before cooking so they don't fall apart when they hit the hot oil. You can also make these salmon cakes with canned salmon to make them pantry- and budget-friendly.

1 lb. salmon, skinned	½ C. crème fraîche or sour cream
2 T. lemon juice, divided	
2 t. Dijon mustard, divided	¼ C. buttermilk
½ C. finely chopped yellow bell pepper	3 T. chopped fresh dill
1 T. finely chopped shallot	½ t. salt, divided
½ t. ground pepper, divided	2 T. extra-virgin olive oil
½ C. panko breadcrumbs	1 (5 oz.) package arugula
	1 C. sliced radishes

1. Coarsely chop salmon and place half in a food processor. Add 1 T. lemon juice and 1 t. mustard. Process, scraping down the sides as necessary, until smooth. Add the remaining salmon, bell pepper, shallot and 1/4 t. pepper and pulse until the mixture is combined but still chunky.
2. Transfer the salmon mixture to a medium bowl. Add breadcrumbs and stir until combined. Form the salmon into 4 patties, about 4 inches wide each, and place on a plate. Freeze for 5 mins.
3. Meanwhile, whisk crème fraîche (or sour cream), buttermilk, dill and 1/4 t. salt with the remaining 1 T. lemon juice, 1 t. mustard and 1/4 t. pepper in a large bowl. Set aside 1/4 C. of the dressing for drizzling.
4. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add the salmon cakes and cook, flipping once, until well browned and cooked through, 2 to 3 minutes per side. Transfer to a clean plate and sprinkle with the remaining 1/4 t. salt.
5. Add arugula and radishes to the dressing in the large bowl. Toss to coat. Serve the salmon cakes on top of the salad, drizzled with the reserved 1/4 C. dressing.

WANTED Residents' News

I'd love to include any news you would be willing to share. . . .

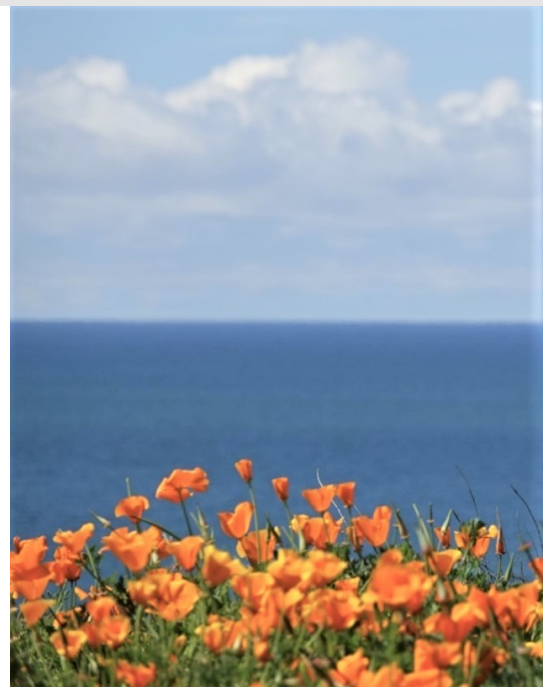
- Family news and photos
- Photo of your pet
- Wedding or other milestone
- Travel and vacation pics
- Award you won
- Let me know what you're doing to occupy yourself and stay sane during the pandemic



Please send your contributions to:

Lorraine Margon
LorraineMargon@gmail.com
831-345-2394

Photo
courtesy
of Linda
Copp



MEDIA NOOK



Get the Most From the Library Without Even Walking Through the Door!

Enjoy these tips on great entertainment and more that the library has to offer online for free.

Most of these services require you to log in with your library card and PIN/password for home access. Go to the library website, click on the tab for "Download/Stream" and watch the video lessons there to learn all about these options.

[Watch 1,000s of movies for free:](#)

- Acorn TV
- hoopla
- Kanopy

[Read e-Books and Audiobooks:](#)

- The OverDrive/Northern California Digital Library
- The Tumblebooks Library and Bookflix for kids
- RBDigital

[Read magazines & newspapers:](#)

- RBDigital
- NewsBank

ALSO: Electronic resources are also available from the [free National Emergency Library](#):
<https://archive.org/details/nationalemergencylibrary>

*Reading is to the mind
what exercise is to the body.
—Joseph Addison*

Remodeling of the La Selva Beach Library is still ongoing



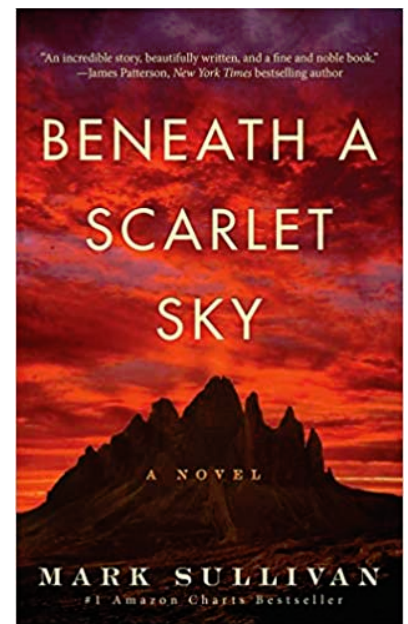
Book Recommendation

Beneath the Scarlett Sky
by Mark Sullivan
-- Historical Fiction --

Based on the true story of a forgotten hero. Pino Lella wants nothing to do with the war or the Nazis. He's a normal Italian teenager—obsessed with music, food, and girls—but his days of innocence are numbered. When his family home in Milan is destroyed by Allied bombs, Pino joins an underground railroad helping Jews escape over the Alps, and falls for Anna, a beautiful widow six years his senior.

In an attempt to protect him, Pino's parents force him to enlist as a German soldier—a move they think will keep him out of combat. But after Pino is injured, he is recruited at the tender age of eighteen to become the personal driver for Adolf Hitler's left hand in Italy, General Hans Leyers, one of the Third Reich's most mysterious and powerful commanders.

Now, with the opportunity to spy for the Allies inside the German High



Command, Pino endures the horrors of the war and the Nazi occupation by fighting in secret, his courage bolstered by his love for Anna and for the life he dreams they will one day share.

Note: This book was extremely well liked by the CDS *By the Beach Book Club* and also by two of its members' spouses.

CONNECTING TO ONE ANOTHER--Video Chat Options:

Apple's FaceTime Skype Zoom Google Hangouts

What's App

Google Duo

Facebook Messenger

Coyotes in the 'Hood

Neighbors have reported a few coyote sightings that are a tad too close for comfort.

If you are walking around the neighborhood or the campground, you'll want

to be on the lookout, especially at dawn and dusk when coyotes are most active.

Coyotes are members of the dog family and are native to California. They prey on rabbits, mice, birds and other small animals, as well as young deer and sheep. They will also feed on the carcasses of dead animals and will accept hand-outs from people in the form of table scraps, pet food and garbage.

NEVER feed a coyote!

Should you confront a coyote that wants to have a stand-off, your best strategies are to:

- Make loud noises
- Look big
- Throw rocks
- Spray water
- Never turn your back on one

So, think about putting a couple of rocks in your pocket and carry a personal alarm that you can activate if/when necessary.



Photo source:
Orange County Register

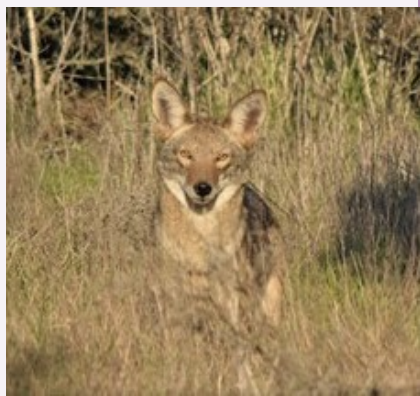


Photo courtesy of Linda Copp

Goodwill Donation Centers Open!

If you have been cleaning out your closets during the shelter-in-place order and your trunk is full of give-aways, you will be happy to know that central coast Goodwill Donation Centers have re-opened!

HEALTH AND HOME

Daily Olive Oil is Good for Heart Health

Just one-half tablespoon of olive oil each day is linked to a 14 percent reduction in cardiovascular disease risk, and an 18 percent lower risk for coronary heart disease.

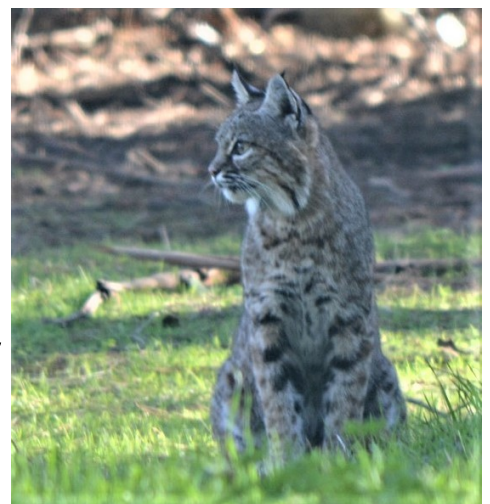
Scientists used diet data on 61,181 women and 31,797 men in two studies that began in 1990. Over 24 years of follow-up, there were 9,797 cases of cardiovascular disease. This is the first study to evaluate Americans in this context.

The study was published earlier this year in The Journal of the American College of Cardiology.



**Another wild
species
found in the
campground,
the bobcat.**

Photo
courtesy of
Linda Copp





HELPFUL INFORMATION

Cañon del Sol Community Website

www.canondelsol.com

username: cds | password: surfandsun

CDS Board of Directors

President	Henry Bose
Vice President	Judy Mathews
Treasurer	Bob Carpenter
Secretary	Jesse Fielding
Director	Bruce Margon

CDS Property Management Company

Anderson & Company, Inc.

783 Rio Del Mar Blvd., Suite 59, Aptos, CA 95003

831.688.1090 | general@acomgt.com

CDS Resident Manager

Tom Hewett

831.722.4048 | CDS@acomgt.com

CDS Clubhouse

400 Abalone Drive, La Selva Beach, CA 95076

Marine Mammal Rescue

831.633.6298

First Alarm Security - Patrol Division

831.684.1111

Police/Sheriff - Non-emergency

831.471.1121